

What is a Blood Test?

Most blood tests are taken from a vein near the elbow. The wrist, hand and foot are other possible sites that can be used. These areas are used because they do not have many nerves.

1. You go to the desk to tell them you have come
2. You might have to sit and wait
3. You will walk into the collection room and be asked to sit in a collection chair. You will sit in a chair in the room where the blood is to be taken.
4. The nurse will ask your name and when your birthday is and will tell you what will happen.
5. You will be asked to lay your arm on the chair next to you. Your hand will be facing up towards the sky
6. A cord is put around your arm at the top. This is to help make the vein bigger. It may be a bit tight, but this makes it much easier to take the blood.
7. You may be asked to open and close your hand, to make a fist. This also helps to make the vein bigger. Your arm is cleaned with a cotton ball with liquid on it. This is normally cold and wet.
8. A needle is placed under the skin into the vein. A slight sting may be felt, like the feeling of a bee sting. The needle will be joined to a long tube.
9. The plunger from the syringe is pulled back to take the blood from your arm. The blood flows into the tube. More than one tube may be filled if a lot of blood is needed. Usually two are filled for a standard blood test.
10. The needle is then taken out and you might feel a slight sting.
11. The cord will be taken off your arm.
12. A cotton wool ball is held over the spot where the needle went in. Sticky tape is then put over the cotton wool ball. You will need to push down on the cotton wool ball for 1-2 minutes.

A bruise can develop where the needle was, but this goes in a few days. It might also be a bit sore to touch for a day or so.